



Trinity Episcopal Cathedral Announcements



Welcome! Please accept a welcome gift from the ushers as they are offered during the time of Announcements. It has information, some gifts, and a card for you to fill out if you like. We hope you will fill out the card and put it in the offering plate because it will help us know about your needs. We promise that this will not generate junk mail.

THE WEEK AHEAD

MONDAY 6

12Noon NA Meeting
5:45pm Holy Eucharist
7:00pm Stephen Ministry - ALL

TUESDAY 7

10:00am Psalms Small Group
12Noon NA Meeting
12:10pm Holy Eucharist
6:00pm Centering Prayer
6:00pm Ministry Team Dinner
7:00pm Ministry Team Meetings

WEDNESDAY 8

10:00am Moms, Tots and Pops
12Noon NA Meeting
12:10pm Holy Eucharist
7:00pm Cathedral Choir Rehearsal

THURSDAY 9

12Noon NA Meeting
12Noon Centering Prayer
3:00pm Writing Group
6:00pm Compline
6:15pm TNAC Dinner
7:00pm TNAC Class
7:15pm Celebration Choir Rehearsal

FRIDAY 10

9:00am Holy Eucharist
12Noon NA Meeting

SATURDAY 11

9:00am Trinity Men's Breakfast
9:30am Centering Prayer Workshop

SUNDAY 12

7:30am Holy Eucharist
9:00am Holy Eucharist
10:15am Sunday School
10:15am Spiritual Journey Group
10:15am Newcomer's Group
11:15am Holy Eucharist
12:45pm Holy Eucharist
2:00pm Yoga in the Cathedral
3:30pm Journey with Jesus
4:00pm Canon Link Benefit Organ Recital

DAYLIGHT SAVINGS BEGINS

Set your clocks **FORWARD**
one hour before bed on
Saturday, March 11

Pastoral Emergencies:

Call the office: 446-2513
Evenings, weekends & holidays: 214-0382

Parking on Sundays for those with disabilities is provided behind the Great Hall.

Prayer Box in the Narthex: Daughters of the King will hold your request in prayer daily for at least one month.

Lessons for March 12, 2017 *The Second Sunday in Lent*

Genesis 12:1-4a
Romans 4:1-5, 13-17
John 3:1-17
Psalm 121

TODAY @ TRINITY – MARCH 5, 2017

First Sunday Family Service

at 9:00am in the Great Hall

Please join us for our First Sunday Family Service! We'll explore Lent in our worship, and with our arts and crafts after the service – making again our Lent in a Bag to use throughout this season.

Activities at 10:15am

Newcomers' Group - Room C

The group will discuss Resources for Next Steps.

Contact is Randie Strike: randie.trinity@gmail.com;916-446-2513

Sunday Adult Study - Room A

For the five Sundays in Lent the preacher for the day will meet in Room A and lead a discussion on the Baptismal Covenant question that was preached in the sermon.

March 5: Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?

March 12: Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

March 19: Will you proclaim by word and example the Good News of God in Christ?

March 26: Will you seek and serve Christ in all persons, loving your neighbor as yourself?

April 2: Will you strive for justice and peace among all people, and respect the dignity of every human being?

Spiritual Journey Group - Conference Room

We will begin our Lenten Small Group this Sunday. WE are part of the larger congregational practice for Lent - addressing the Rule of Life. We are one small group of many offered during Lent.

A Group discussion guide is provided to facilitate our discussions based on the Baptismal Covenant.

Contact is Amy Dierlam - dnarock@pacbell.net

Later Today

Youth Confirmation - Assembly Area

Today at 11:15am

Confirmation classes for youth in grades 8th – 12th begin today and run through April 30. Confirmation is at the Easter Vigil, which is held on the Saturday night before Easter Sunday. Two special events included in this program will be Nightwatch at Grace Cathedral on March 31–April 1, and a trip to St. Gregory's of Nyssa Episcopal Church in San Francisco on Sunday, April 30th.

For more information contact:

Rev. Megan Anderson, megan@trinitycathedral.org, or
Rev. Kathy Hopner, khopner@trinitycathedral.org

Free Yoga - Cathedral

Today at 2pm

The classes will be accessible to a variety of levels, ages, and abilities. Free will cash donations accepted to support the wonderful Sole-fire Yoga Instructors partnering with us to make this offering possible. If you have questions, contact Rev. Megan: Megan@trinitycathedral.org

JOURNEY WITH JESUS - Assembly Area

Today at 3:30pm

JOURNEY WITH JESUS is a Bible study of the Gospel passage of the Sunday, the passage we hear during the morning Mass. All are welcome! A New Year's resolution: Focus on the Gospels ... Check out JOURNEY WITH JESUS! Contact Jerry Paré (jpare@trinitycathedral.org; 916-930-8032) for more information.

This Week

Stations of the Cross

Fridays from March 10–April 7 at 6:00pm

Stations of the Cross is a liturgy of the church that invites the participants to travel the road that Christ took in the final hours leading up to his death. Sharing in this solemn journey helps us get a glimpse of the sacrifice he made for each of us

We will offer the Stations of the Cross on Friday evenings throughout Lent. We will begin with quiet prayer at the Altar, travel through the nave to each station and recall Jesus' journey of sorrow, pain, and overwhelming love. Our journey ultimately leads us back to the Altar of God where we end with quiet prayer, meditation and reflection.

Introduction to Centering Prayer

Saturday, March 11, 9:30am-3:00pm

The workshop will be presented by Pastor Jeff Mitchell of Good Samaritan Church, Valley Springs, who is a Contemplative Outreach Presenter and Spiritual Director. Suggested Donation: \$20. (Includes three follow-up sessions starting Thursday, March 16, 7:00-8:30 p.m.) All are welcome. No one will be turned away for lack of funds. Please bring a sack lunch. Coffee, tea and refreshments will be provided. Centering Prayer books available at Cathedral Bookshop

Please register by contacting:
Shelley Mydans (916) 443-2919; smydans@gmail.com
or Sally Smith (916) 930-9564; sally0236@comcast.net

Next Sunday

Canon Link Benefit Organ Concert

Sunday, March 12 at 4:00pm

Please join Trinity Cathedral's own "Rock Star Organist" in a concert to raise funds for NorCal AIDS Cycle. For the last six years, David Link has participated in NorCal AIDS Cycle, which raises funds for agencies in our community, providing services to those with or at risk for HIV/AIDS. He will not only pedal his bicycle THREE-HUNDRED MILES, but will play the organ pedals as well, to meet his goal of raising five thousand dollars.

The requested minimum donation is \$10, though contributions of any size, large or small, will be gratefully accepted at the door!

Ongoing

Traveling Bible Study and Spirituality Group

Trinity young adults (20s-30s) meet twice a month on Sunday afternoons for lunch, fellowship, and bible study around town. To join the email list, email Rev. Megan at megan@trinitycathedral.org

Veterans Swapping Stories

The first Sunday at 10:15am in Room F. We will be planning events and swapping stories.

Trinity Men's Group Breakfast

2nd Saturday at 9am in the Great Hall. Contact: Chris Sanft - chris@sanft.org

Lunch Bunch – Thursdays, Noon

Contact is Pastor Pamela—pamela@trinitycathedral.org

Writing Group – Thursdays, 3pm

Writing prompts are offered, we write, then share our writing or not. Contact: June at jgillam@wavecable.com

Centering Prayer – East Transept

Tues., 6-7pm; Thurs., Noon—1:00

Join in this receptive form of prayer that helps to quiet the mind and participate in God's presence. Contact: Nancy Earl at nancy.c.earl@gmail.com

Episcopal Youth Fellowship

Welcoming youth in grades 6th-12th every Sunday **during the school year** at 10:15am. Contact: Rev. Kathy Hopner at 930-8027

THURSDAY NIGHT AT THE CATHEDRAL

6:00 pm - Compline

6:15pm - Dinner

Beginning March 9

For many of us, life in our country is more chaotic now than it has been in any other time in our lives. How can we stay spiritually grounded? How do we strive for justice from a place of love? We will explore these questions during the season of Lent as we explore the Baptismal Covenant. The Baptismal Covenant is comprised of the creed and five questions. For each question, we will have a plenary session with a speaker for the first hour and then we will break into small groups to go even deeper.

Here is the schedule:

- **March 9:** Will you continue in the apostles' teaching and fellowship, in the breaking of bread, and in the prayers?
- **March 16:** Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?
- **March 23:** Will you proclaim by word and example the Good News of God in Christ?
- **March 30:** Will you seek and serve Christ in all persons, loving your neighbor as yourself?
- **April 6:** Will you strive for justice and peace among all people, and respect the dignity of every human being?

For more information about Adult Spiritual Formation at Trinity Episcopal Cathedral, please contact:

The Rev. Dr. Pamela Anderson:
Pamela@trinitycathedral.org or 916/446-2513

Contact Information:

If you have moved or changed your phone number or email address please contact Randie Strike at 916-446-2513 or by e-mail at randie.trinity@gmail.com to update your contact information in the church database.

Cathedral Greens Donation

A nice way to give thanks or to remember loved ones.

Sign up on the Cathedral Flowers Calendar, then submit this form and contribution (make check payable to "Trinity Cathedral" with "Flowers" on the memo line) to:

Trinity Cathedral Flowers, 2620 Capitol Ave, Sacramento, 95816

Note: The adornment during Advent and Lent do not include flowers.

Date requested _____ **(allow 3 weeks for processing).**

In Thanksgiving for: _____

In Memory of: _____

From: _____ **Phone#** _____